



Castle Newnham School

TRADITIONAL VALUES, BRIGHT FUTURES, ONE JOURNEY

PSHE LTP						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being Me in My World • Self-identity • Understanding feelings • Being in a classroom • Rights and responsibilities	Celebrating Differences • Talents • Being special • Families • Where we live • Making friends • Standing up for yourself	Dreams and Goals • Perseverance • Challenges • Goal setting • Seeking help • Jobs	Healthy Me • Exercising • Healthy food • Keeping clean • Sleep • Safety	Relationships • Families • Friendships • Falling out • Dealing with bullying • Being a good friend	Changing Me • Bodies • Respecting my body • Growing up • Fun and fears • Celebrations

Year 1	Being Me in My World • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the learning charter	Celebrating Differences • Similarities and differences • Understanding bullying and ways of dealing with it • Making new friends • Celebrating differences	Dreams and Goals • Setting goals • Successes and achievements • Learning styles • Overcoming obstacles	Healthy Me • Keeping myself healthy (inc clean, safe) • Healthy choices • Medicine safety • Road safety • Health and happiness	Relationships • Belonging to a family • Making friends • Physical contact • People who help us • Qualities • Self acknowledgement • Being a good friend to self • Celebrating relationships	Changing Me • Life cycles (animals, humans) • Changes to me • Differences between females and males • Growing and learning • Transition
Year 2	Being Me in My World • Hopes and fears • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings	Celebrating Differences • Assumptions and stereotyping • Gender diversity • Understanding bullying • Standing up for self and others • Making new friends • Celebrating differences and	Dreams and Goals • Achieving realistic goals • Perseverance • Own strengths • Learning with others • Cooperation • Contributing to and sharing success	Healthy Me • Motivation • Healthy choices • Relaxation • Healthy eating and nutrition	Relationships • Different types of families • Physical contact boundaries • Friendships and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships	Changing Me • Life cycles in nature • Growing up • Increasing independence • Differences in genders (bodies) • Assertiveness • Preparing for transition

		remaining friends				
--	--	-------------------	--	--	--	--

Year 3	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Rules, rights and responsibilities • Rewards and consequences • Group decision making • Having a voice • Behaviour motivations 	<p>Celebrating Difference •</p> <p>Families and differences</p> <ul style="list-style-type: none"> • Management of family conflicts • Witnessing bullying, management • Giving and receiving compliments 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Difficult challenges and achieving success • Dreams and ambitions • Motivation and enthusiasm • Evaluating learning processes • Managing feelings • Budgeting 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Fitness • Food labelling and healthy choices • Drugs and attitudes • Keeping safe (inc online and off line) • Respect for self and others • Healthy, safe choices 	<p>Relationships</p> <ul style="list-style-type: none"> • Family roles and responsibilities • Friendships and negotiation • Keeping safe online, seeking help • Global citizenship • Choice awareness • Awareness of different lifestyles • Expressing appreciation for others 	<p>Changing Me</p> <ul style="list-style-type: none"> • Baby development and needs • Body changes • Family stereotypes • Challenging my ideas • Transition (preparation)
--------	--	--	---	---	--	--

Year 4	Being Me in My World <ul style="list-style-type: none"> • Being part of a team • School citizenship • Rights, responsibilities and democracy • Rewards and consequences • Group decision making • Having a voice 	Dreams and Goals <ul style="list-style-type: none"> • Hope and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Teamwork • Celebrating contributions • Resilience 	Celebrating Differences <ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Acceptance • Understanding influences • Understanding bullying • Problem solving • Being unique • First impressions 	Relationships <ul style="list-style-type: none"> • Jealousy • Love and loss • Getting on and falling out • Girlfriends and boyfriends • Showing appreciation to people and animals 	Healthy Me <ul style="list-style-type: none"> • Healthy friendship • Group dynamics • Drugs and alcohol • Assertiveness • Peer pressure • Celebrating inner strength 	Changing Me <ul style="list-style-type: none"> • Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change
--------	---	--	---	--	---	---

	<ul style="list-style-type: none"> • Behaviour motivation 	<ul style="list-style-type: none"> • Positive attitudes 				
--	--	--	--	--	--	--

Year 5	<p>Being Me in My World • Planning the forthcoming year</p> <ul style="list-style-type: none"> • Being a citizen • Rights and responsibilities • Rewards and consequences • Democracy • Behaviour affecting others 	<p>Celebrating Differences • Cultural differences and causing conflict</p> <ul style="list-style-type: none"> • Racism • Rumours and name calling • Types of bullying • Materials, wealth and happiness • Enjoying and respecting other cultures 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Future dreams • Importance of money • Jobs and careers • Dream jobs • Goals in different cultures • Supporting charities • Motivation 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Smoking, vaping and drugs • Alcohol and anti-social behaviour • Emergency aid • Body image • Healthy choices • Relationships with food • Motivation and behaviour 	<p>Relationships</p> <ul style="list-style-type: none"> • Self-recognition and self-worth • Building self esteem • Safe online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety 	<p>Changing Me</p> <ul style="list-style-type: none"> • Self and body image • Influence of social media on body image • Puberty • Conceptions (inc IVF) • Growing responsibility • Coping with change • Transition
Year 6	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Identifying goals for the year • Global citizenship • Children’s universal rights • Feeling welcome and valued • Choices, consequences and rewards • Group dynamics • Democracy • Anti-social behaviour • Role-modelling 	<p>Celebrating Differences • Assertiveness</p> <ul style="list-style-type: none"> • Prejudice and discrimination • Values • Challenging stereotypes • Discrimination • Prejudice and discrimination fuels bullying • Inclusion 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Dreams and goals (mine) • Steps to success • Coping • Dreams and rewards • Intrinsic and extrinsic motivation • Keeping dreams alive • How dreams and goals change in response to life 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Health choices about my emotional health • Managing stress • Managing choices around substances • Medicines and immunisation • Healthy choices about physical activity (inc sleep and rest) 	<p>Relationships</p> <ul style="list-style-type: none"> • Changing webs of friendship • Finding support • Positive relationships • Relationships and their affects • Assertiveness in relationships • Changing role of families 	<p>Changing Me</p> <ul style="list-style-type: none"> • Changing body and feelings • Self-image • Coping during change • Changing ways of thinking • Managing changes in mood • Moving forwards in my next year of education

